

AMENDED CLAIMS

[received by the International Bureau on 07 July 2005 (07.07.05);
original claims 1-14 replaced by new claims 1-14 (4 pages)]

- 125 1. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscles supplied of a moveable bench,
characterized to having a mobile system of arms, equipped of an
universal bracket system for the equipment (dumb-bells, bars etc),
having an assist horizontal movement (servomechanisms) and a
130 vertical regulation, that, with a mechanicals, hydraulics, electrics or
pneumatics commands activables by the user through rods, pedals,
switchs or push buttons, allows the positioning of the equipment to
the beginning of the exercise withdrawal of the same one to the end
without changing position of the user, limiting efforts which often
135 at the end of an exercise when an athlete is tired can cause
inflammation and personal injury, not to mention psychological
stress due to muscle strain.
2. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscles supplied of a moveable bench, as
140 claimed in claim 1, characterized to being equipped of a mobile
system of arms, having an assist horizontal movement
(servomechanisms) and a vertical regulation, that allows the
positioning of the equipment (dumb-bells, bars etc) to the beginning
of the exercise and the withdrawal of the same one to the end
145 without changing position of the user.
3. *Gym work-out equipment for the training of the chest, deltoids,*
trapeziums and triceps muscle supplied of a moveable bench, as
claimed in claim 1, characterized to having a mobile system of

arms, equipped of an universal bracket system to position the
150 equipment (dumb-bells, bars etc).

4. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in claim 1, characterized to being equipped of a mobile system of arms, having an assist horizontal movement
155 (servomechanisms) and a vertical regulation, that can be operated through a pneumatic air compressed system commanded from push buttons.

5. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as
160 claimed in claim 1, characterized to being equipped of a mobile system of arms, having an assist horizontal movement (servomechanisms) and a vertical regulation, that can be operated through a mechanical system of levers and pulleys commanded from pedals.

165 6. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in claim 1, characterized to being equipped of a mobile system of arms, having an assist horizontal movement (servomechanisms) and a vertical regulation, that can be operated
170 through an electromechanical system commanded from switches.

7. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in claim 1, characterized to being equipped of a mobile

system of arms, having an assist horizontal movement
175 (servomechanisms) and a vertical regulation, that can be operated
through an electro-hydraulic system commanded from rods.

8. *Gym work-out equipment for the training of the chest, deltoids,
trapeziums and triceps muscles* supplied of a moveable bench, as
claimed in previous claims, characterized to allowing the athlete
180 more comfort as he can stay in the ideal position before, during and
after the exercise, limiting efforts which often at the end of an
exercise when an athlete is tired can cause inflammation and
personal injury, not to mention psychological stress due to muscle
strain.

185 9. *Gym work-out equipment for the training of the chest, deltoids,
trapeziums and triceps muscles* supplied of a moveable bench, as
claimed in previous claims, characterized to having the possibility
to apply an electronic switchboard to the commands of
servomechanisms, that are able to memorize the different positions
190 chosen by the athlete according to the type of exercises to be done.

10. *Gym work-out equipment for the training of the chest, deltoids,
trapeziums and triceps muscles* supplied of a moveable bench, as
claimed in previous claims, characterized to being equipped of an
adaptable foot rest of dimensions such to guarantee the support and
195 the lodging of the devices that activate the commands and to assure
the support of the feet during the development of the exercise.

11. *Gym work-out equipment for the training of the chest, deltoids,
trapeziums and triceps muscles* supplied of a moveable bench, as

200 claimed in previous claims, characterized to having side panels for protection to guarantee the safety of passers-by who could unintentionally come into contact with the mechanical or pneumatic parts in movement.

205 12. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in previous claims, characterized to having side panels for protection of mechanical parts in movement, that can be used as support for advertising material.

210 13. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in previous claims, characterized to allowing the exercises, even with heavy weights, to be done without the help of a second person.

215 14. *Gym work-out equipment for the training of the chest, deltoids, trapeziums and triceps muscles* supplied of a moveable bench, as claimed in previous claims, characterized to guaranteeing more safety both actively and passively during the exercises thanks to a less manual movement of the equipment.